BQCO · BIOLOGICAL QUANTUM COHERENCE OPTIMIZAT…

What if your next decision changes the reality you experience?

A 28-day exploration of biology, attention, choice and meaning.



Biology → Mind → Choice → Meaning

A conceptual framework by Divyank Aru · 2026

What if every thought opens a fork in the road?



MY HYPOTHESIS What if a thought is a candidate path, attention gives it weight, an action commits to it, and repetition turns it into the track your life keeps running on? Changing a habit would then be like **jumping tracks**.

THOUGHT → ATTENTION → ACTION → TRACK

For 28 days, observe food, sleep, daylight, movement, focus and choices. Make only manageable changes, and write down other explanations too.

Before exploring the mystery, let us make the difficult words easy.

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Wonder first. Evidence always.

BQCO has two layers. The **practical layer** is a 28-day notebook that can reveal your own patterns. The **speculative layer** asks how biology, consciousness and possibility might connect. The notebook cannot prove the question.

ESTABLISHED	Known biology or a study's direct result.
EARLY CLUE	Limited evidence, a model or an indirect result.
MY HYPOTHESIS	My interpretation, open to challenge.
PHILOSOPHY	A reflective lens, not experimental proof.

A RULE FOR EVERY PAGE
Each badge applies only to the statement beside it.

The first mystery needs only a few words: what does "quantum" mean?

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Big words, easy pictures

QUANTUM
Rules describing nature's tiniest pieces.

Like: Lego bricks of reality.
e.g. electrons follow them.

SUPERPOSITION
A state combining possible outcomes.

Like: a spinning coin.
e.g. light before measurement.

COHERENCE
Quantum parts keeping an orderly relationship.

Like: a choir in time.
e.g. laser light.

DECOHERENCE
Surroundings disturbing that delicate order.

Like: a whisper in a busy station.
e.g. heat and collisions.

CONSCIOUSNESS
Your lived experience of noticing and feeling.

Like: being you, from inside.
e.g. tasting morning chai.

MICROBIOME
Microbes living together in one place.

Like: a rainforest in your gut.
e.g. microbes using dal fibre.

Each picture leaves something out. Six more words matter.

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More words. Still simple.

METABOLITES · SCFAs
Substances microbes make from food.
Like: compost from a garden.
e.g. fibre → butyrate.

VAGUS NERVE
A major nerve linking gut and brain.
Like: a two-way highway.
e.g. gut-to-brain signals.

MICROTUBULES
Tiny tubes forming a cell's scaffolding.
Like: tracks inside a cell.
e.g. transport in neurons.

MYELIN
A fatty coating around many nerve fibres.
Like: insulation on a wire.
e.g. faster nerve signals.

TRYPTOPHAN
An amino acid that builds proteins.
Like: one type of Lego brick.
e.g. found in tubulin protein.

ENTANGLEMENT
Quantum states linked in a non-ordinary way.
Like: paired coins—imperfect.
e.g. photon pairs in labs.

Limit: analogies are handrails, not physics. Entangled particles are not coins secretly agreeing.

Now we can ask the question without confusing a picture with proof.

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Before the step, how many paths?



ESTABLISHED In physics, a superposition describes combined possible outcomes until a measurement gives one result—like a spinning coin before it lands.

MY TRACK-JUMP MODEL **MY HYPOTHESIS**

Possibility space: the futures realistically open to you. **Selection:** attention plus action. **Track:** repeated selections. **Jump:** a recordable change in your options after a sustained new habit.

WHERE THE PICTURES STOP

A coin and branching paths show everyday options. They do not model quantum amplitudes, and no study shows thoughts collapse physical states.

If the options are ordinary, what does the brain let us notice?

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Is the brain a camera—or an editor?



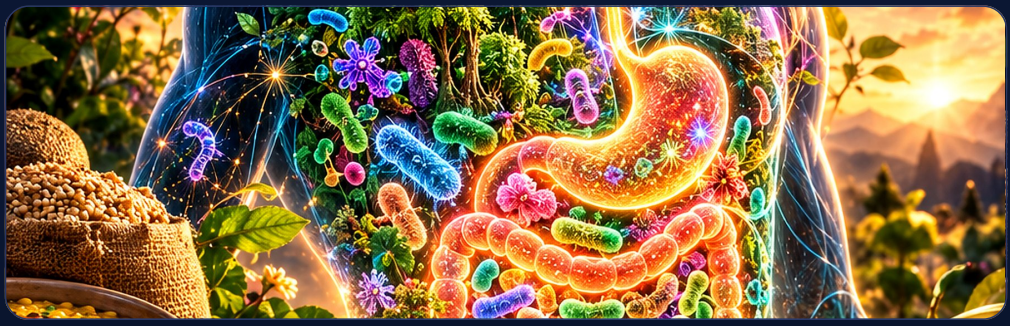
ESTABLISHED Your brain does not copy the world. Attention, memory, expectation and emotion decide what stands out; the rest stays in the background.

MY HYPOTHESIS Could this editor also help select which possible path you experience? A universal consciousness signal is not an established brain finding.

PAUSE & NOTICE Rate today's focus 0–10. What pulled it?

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Tiny organisms. Many messages.



FOOD → MICROBES → METABOLITES → BODY SIGNALS

ESTABLISHED Gut microbes ferment fibre into short-chain fatty acids (SCFAs) such as butyrate.[5] Gut and brain also exchange signals through nerves like the vagus, hormones and immune messengers.

This is real biology. It does not show reality selection.

If food is an input, what can a realistic Indian plate offer?

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Build variety, not a miracle menu.



Dal · chana · moong familiar legumes	**Millets · oats** whole-grain fibre	**Dahi · chaas** only if tolerated	**Pomegranate** plant polyphenols
Red / black grapes whole fruit, not wine	**Nuts · seeds** fibre, useful fats	**Dark chocolate** cocoa-rich, modest	**Seasonal fruit** what suits you

ESTABLISHED In a randomised trial, a fermented-food diet raised gut-microbe diversity, while people reacted differently to the same high-fibre diet.[6] Add one suitable food at a time. No food guarantees a better mood or a quantum effect.

Body state is one domain. Daily rhythm matters too.

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Small levers. Real observations.

Four everyday domains you can observe in your own notebook:

A — FOOD & MOVEMENT
Varied tolerated foods, enough fluid, movement that suits your body.

B — RHYTHM
A steady wake time and morning daylight when suitable.

C — FOCUS
One task at a time; note each interruption.

D — RECOVERY
Rest, comfortable slow breathing and a manageable load.

The same lever can suit one person and not another. Your body, schedule and goals set the right dose.

These habits can be observed. But can quantum effects survive in a warm brain?

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What if your biology changes the reality you experience?

MY HYPOTHESIS

“The world outside may be shared. The world we notice is filtered through a living body.”

THE SAME MOMENT, TWO STATES

A tired, anxious person may miss an invitation over chai, hear criticism, or answer too quickly.

ANOTHER EXPERIENCE

A rested, attentive person may notice the same opening, ask one question, and create a different next step.

They need not occupy different universes. Sleep, stress, memory, expectations and body state can change what becomes lived experience.



MY QUANTUM-COMPUTER ANALOGY

If the brain is an extraordinary information processor, BQCO asks how we support its working conditions: varied food, microbial signals, sleep, daylight, clean air, suitable aerobic and resistance exercise, breathing, recovery, reflection and solitude.

Dopamine, serotonin, cortisol, adrenaline and noradrenaline work in complex systems—not as “happiness switches” or quantum controls. Too little oxygen and uncontrolled blood pressure can harm health.

THE PRACTICAL “TRACK JUMP”

Body state can influence attention. Attention shapes response. Repeated actions can reshape skills, habits, relationships and opportunities. That is my track-jump metaphor—not proof of travel between parallel universes.

MY PREDICTION

I believe BQCO may help us improve the conditions under which we think, feel, choose and act. Excitement is a signal to examine—not a command. Is the step safe, responsible and reversible? Could it harm someone? Is this interest—or urgency, craving, avoidance or fear? Act carefully. Then observe.

If biology shapes the doorway, what is consciousness walking through?

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Consciousness, memory and possibility

Science does not ask us to ignore unusual reports. It asks what was observed, how it was measured, whether others can test it, and which ordinary explanations remain.

OBSERVATION	RESULT	REPLICATION	HYPOTHESIS	THEORY
noticed	measured	tested again	testable idea	well-supported map

PROJECT STARGATE

DECLASSIFIED HISTORY

US intelligence agencies funded remote-viewing research: could people describe hidden or distant targets? A 1995 evaluation reported disputed laboratory anomalies, but found the information too vague, inconsistent and unreliable for intelligence use. The programme existed; that alone does not prove the claimed ability.[9]

ORCH OR

CONTESTED HYPOTHESIS

Roger Penrose and Stuart Hameroff propose that organised quantum processes in neuronal microtubules contribute to conscious moments. It is fascinating because it places the mystery below ordinary neural firing. It remains debated and is not established neuroscience.[10]

CHILDREN'S MEMORY REPORTS

DOCUMENTED CASE COLLECTIONS

Shanti Devi's twentieth-century claims prompted an inquiry. Later, Ian Stevenson and University of Virginia researchers assembled case records; current UVA materials highlight James Leininger and Ryan Hammons. Reports, interviews and matched details can be studied—but documentation quality, information leakage, memory and interpretation still matter.[11–13]

THE BQCO QUESTION

How much is explained by known biology? How much remains uncertain? Biology shapes state. Mind filters and remembers. Choice changes the next situation. Meaning tells us what matters. Could deeper links emerge without turning curiosity into proof?

[9] CIA/AIR remote-viewing evaluation (1995). [10] Hameroff & Penrose, Phys Life Rev (2014).
[11] Shanti Devi inquiry (1936). [12–13] UVA DOPS: James Leininger and Ryan Hammons.

The mysteries stay open. Next: can a warm brain host them?

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Was the brain ruled out too early?



ESTABLISHED Quantum states lose their delicate order when surroundings interfere—decoherence. Picture a whisper fading in a busy railway station.

Tegmark's 2000 calculations estimated that proposed neuron-level quantum states would decohere far faster than brain processes work.[1]

THE IMPORTANT LIMIT

Those estimates challenge specific proposals, not every quantum effect in biology. "Not impossible" does not mean "demonstrated".

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Babcock et al. (2024)[2]

EARLY CLUE PHOTOPHYSICS · LABORATORY



WHAT WAS STUDIED
How networks of tryptophan in protein structures, including microtubules, absorb and emit light.

WHAT WAS FOUND
Measurements and modelling supported superradiance—collective, enhanced UV emission—at room temperature.

WHAT IT DID NOT SHOW
Conscious thought, lifestyle effects on brain coherence or reality selection.

WHY BQCO CARES
Organised biological structures may host collective quantum-optical effects in warm conditions.

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Liu, Chen & Ao (2024)[3]

EARLY CLUE THEORETICAL MODEL



WHAT WAS STUDIED
A mathematical model of the myelin sheath around nerve fibres as a light-trapping cavity.

WHAT WAS FOUND
The calculations suggest a possible route to entangled photon pairs (biphotons).

WHAT IT DID NOT SHOW
No such pairs were observed working inside a living human brain.

WHY BQCO CARES
Brain structures may deserve direct quantum-optical experiments.

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Khan et al. (2024)[4]

EARLY CLUE ANIMAL BEHAVIOUR

EPOTHILONE B → RATS → ISOFLURANE → RIGHTING REFLEX

WHAT WAS STUDIED
Rats given epothilone B, a microtubule-stabilising drug, before isoflurane anaesthesia.

WHAT WAS FOUND
Treated rats took longer to lose the righting reflex, a standard sign of unconsciousness in rodents.

WHAT IT DID NOT SHOW
It did not directly measure neural quantum coherence or a consciousness mechanism.

WHY BQCO CARES
Microtubules may matter to anaesthesia. This is a research drug, never a lifestyle tool.

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Three clues. Three different scopes.

PHOTOPHYSICS

Babcock[2]

Light behaviour in lab protein structures.

MODEL

Liu, Chen & Ao[3]

A calculation about myelin.

ANIMAL

Khan[4]

A drug changed an anaesthesia measure in rats.

MY HYPOTHESIS Together, they make the old “too warm and wet” objection look less final.

NOT ONE DEMONSTRATED MECHANISM
The papers answer different questions. None shows that intention selects physical realities.

Next, the four layers—without confusing metaphor with mechanism.

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Biology → Mind → Choice → Meaning



1 · BIOLOGY
the hardware: gut, food, sleep, training

2 · MIND
the interface: attention, memory, emotion

3 · CHOICE
“collapse”, a metaphor: the action taken

4 · MEANING
“magnet”, a metaphor: values that steer

THE MAP IS SHARED. YOUR ROUTE IS NOT.
Two people can eat the same fibre and respond differently.[6] Sleep, training load, stress and supplements differ too. That is why I build a **personalised BQCO plan** that tunes all four layers to your lifestyle, eating, training and nutraceutical choices—details on page 28.

30.

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Hypotheses 1 and 2

My personal speculation—questions, not established facts.

1 · COHERENCE-SUPPORT

I speculate that a well-supported body may matter to still-unknown quantum processes.

Why it interests me: the 2024 optical and myelin studies raise testable questions.[2,3]

What would challenge it: direct measurements find no relevant state, or no role.

2 · GUT-AS-FOUNDATION

I speculate that microbial signals shape the body context for attention and mood.

Why it interests me: microbes make metabolites that reach body and brain.[5]

What would challenge it: replicated studies fail to link microbial shifts to predicted outcomes.

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Hypotheses 3 and 4

My personal speculation—questions, not established facts.

3 · WARM-AND-WET REVISION

I speculate that the warm-and-wet objection must be retested structure by structure.

Why it interests me: Tegmark challenged specific states;[1] newer work studies narrower structures.[2,3]

What would challenge it: the states cannot be measured in body conditions, or do no work.

4 · FILTER HYPOTHESIS

I speculate that attention, belief, emotion and memory steer the version of events I experience.

Why it interests me: perception is selective; the collapse link is my metaphor.

What would challenge it: ordinary cognitive models explain my records equally well.

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Hypotheses 5 and 6

My personal speculation—questions, not established facts.

5 · ATTENTION-AS-OBSERVATION

I speculate that calmer, single-task attention helps me notice options I usually miss.

Why it interests me: focus and reflection can be tested through daily records.

What would challenge it: predefined records show no change beyond ordinary causes.

6 · CHOICE-COMPOUNDING

I speculate that small repeated choices change which options appear next—my “track jump”.

Why it interests me: habits build skills, relationships and circumstances over time.

What would challenge it: longer records show no repeatable link beyond context and chance.

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Hypotheses 7 and 8

My personal speculation—questions, not established facts.

7 · MEANING-AS-MAGNET

I speculate that purpose and contentment steady choices toward an aligned life.

Why it interests me: values guide action; “magnet” means direction, not a cosmic force.

What would challenge it: it predicts nothing beyond ordinary motivation.

8 · DÉJÀ VU / MANDELA

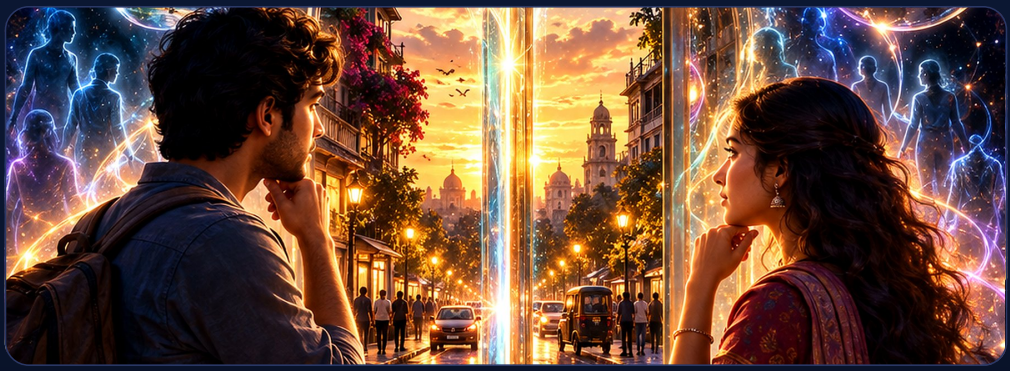
I speculate playfully that different mental filters can feel like mismatched realities.

Why it interests me: the feeling is vivid, but memory explanations are stronger.[7,8]

What would challenge it: no prediction separates it from memory accounts.

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A glitch in reality—or in recognition?



ESTABLISHED

ORDINARY EXPLANATIONS · STRONGER EVIDENCE

Déjà vu: familiarity clashing with knowing the moment is new.[7] Mandela Effect: shared, specific false memories, such as for famous logos.[8]

MY HYPOTHESIS

THE BQCO QUESTION

Could different mental filters make one moment feel like different realities?

Neither experience is evidence of parallel worlds.

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Yat pinde tat brahmande

“As within, so without.”



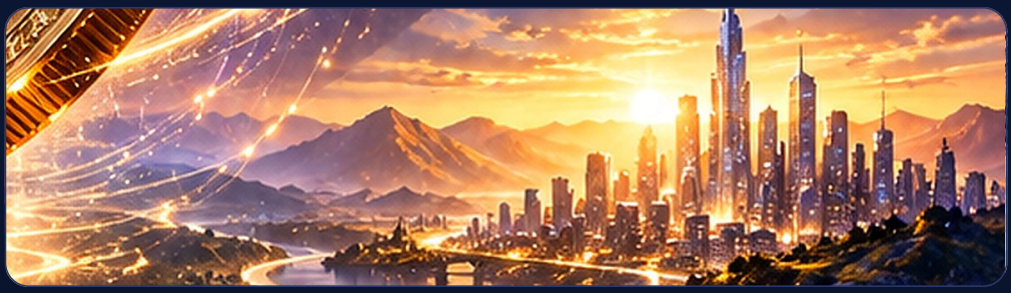
PHILOSOPHY I use this old idea as a reflective lens. Inner habits shape speech; speech shapes relationships; repeated actions shape shared circumstances. These are ordinary pathways.

PHILOSOPHY, NOT PROOF
It can inspire questions. It does not prove a quantum law or reality selection.

What life is worth moving toward, even when we cannot control events?

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Meaning is a compass, not a prize.



A worthwhile life can include vitality, connection, meaningful opportunities, peace and contentment.

> *"Money can expand options. It cannot guarantee contentment."*

VITALITY CONNECTION OPPORTUNITY CONTENTMENT

Hard seasons are not a sign of weak belief. Circumstances are real.

Values matter most when they become one real choice.

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Signal → Pause → Choose → Observe



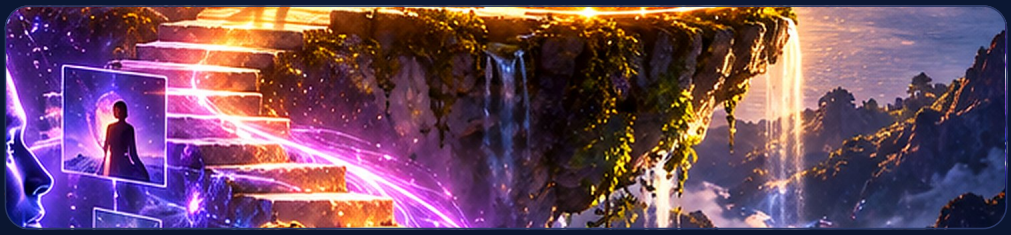
1 · SIGNAL	Notice the idea, urge, excitement or discomfort.
2 · PAUSE	Check facts, assumptions and urgency.
3 · CHOOSE	Take a safe, responsible step—or wait.
4 · OBSERVE	Record what actually happened.

DISCERNMENT CHECK

Is it safe? Is it responsible? Is this intuition—or fear, urgency or craving? What evidence do I have? What reversible step could I take?

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Four weeks. Four simple aims.



DAYS 1–7 · NOTICE
Do: keep your usual routine. **Note:** sleep, mood, focus, digestion.

DAYS 8–14 · SUPPORT
Do: add one or two anchors, like a fixed wake time. **Note:** which anchor felt easy.

DAYS 15–21 · PRACTISE
Do: use Signal → Pause → Choose → Observe daily. **Note:** one choice and its result.

DAYS 22–28 · INTEGRATE
Do: compare Week 1 with Week 4. **Note:** changes, null results, other causes.

A journal can reveal patterns. It cannot prove every cause.

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Notice the day you actually had.

Same time, same scale each day. These are personal ratings, not diagnoses.

SLEEP
hours · quality 0–10

ENERGY
0–10

MOOD
0–10

FOCUS
0–10

DIGESTION
comfort 0–10

MOVEMENT
type · minutes

ONE CHOICE
what I noticed · result

CONTEXT
stress, travel, illness…

KEEP NULL RESULTS
Missing data are not zero. Record what stayed the same or got worse—null results are results.

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One notebook. One honest start.

- [ ] Choose one practical goal.
- [ ] Record a baseline: sleep, focus, mood or digestion.
- [ ] Pick one safe, manageable action.
- [ ] Repeat the same notes for 28 days.
- [ ] On Day 28, compare honestly—and name another possible cause.

EXAMPLE: LATE-NIGHT SCROLLING

Note screen-off time and sleep. Tonight, put the phone away 30 minutes earlier. Tomorrow, take 10 minutes of morning daylight. Record what changes—and what does not.

What could you learn without forcing yourself to believe?

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Keep the wonder. Respect the evidence.

SCIENCE BOUNDARY BQCO is exploratory and not clinically validated; no quantum-coherence benefit is established. The journal tests personal patterns, not cause or reality selection.

SAFETY FIRST Not medical advice. Ask your clinician first if you have GI disease, diabetes, kidney disease, allergies, pregnancy, immune compromise or medication limits. Raise fibre gradually. No extreme fasting, alcohol, supplement stacks or unproven devices. Seek care for severe pain, blood in stool, chest pain or fainting.

YOUR PERSONAL BQCO PLAN ₹6,999

This booklet gives everyone the same map. Your plan turns it into your route—built around your routine, eating habits, training, sleep, goals and any supplements or nutraceuticals you use or are considering, with clear notes on what to check with your doctor.

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If this free booklet is enough for you, use it fully. That is why it exists.

ESSENTIAL REFERENCES

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Curiosity begins the experiment. Honesty gives it value.